



CRISIS SUPPORT

[Global Crisis Directory](#)
[NHS](#) (in the UK)
[Samaritans](#)
[Mind](#)



FILM & TV CHARITY

Confidential legal, financial or wellbeing advice for anyone in film or TV



STAFF NETWORKS

Connect with internal communities dedicated to a deeper understanding of diversity, inclusion & belonging



EMPLOYEE ASSISTANCE PROGRAMME (EAP)

Counselling and practical lifestyle, legal, financial, debt advice & more
All global staff & UK PAYE freelancers



COACHING

[LEADING @MYBEST](#) & [MY PERSONAL BEST](#) coaching via the Studios coaching team (inc. access to Sanctus)
All UK & International staff



FREELANCER SUPPORT

Useful information for freelancers
UK freelancers

THRIVE

@ BBC STUDIOS



REMOTE GP

Medical and health advice from practising NHS GPs.
UK staff & PAYE freelancers



ACCESS & DISABILITY SERVICES

Access support to examine any work or disability-related barriers and consider appropriate adjustment



SPEAKING UP

If you witness wrongdoing, report it. See our [Code of Conduct](#) for more info



PEER SUPPORT NETWORK (PSN)

Initial support & referrals for colleagues experiencing mental health challenges
Requires BBC Gateway access



WELLNESS CLOUD

Expert advice for life's varied challenges. Use code **THRIVE** and sign up [here](#)

UK Staff

USEFUL LINKS

- Wellbeing at the BBC
- BBC perks & benefits
- Occupational health
- myChoices
- myDeals
- Physiotherapy
- Eye tests and more

ESSENTIAL GUIDES

- Resilience
- Menopause
- Parental Leave
- Fertility

Services are available to all workers regardless of contract type, except where specific audiences are noted.